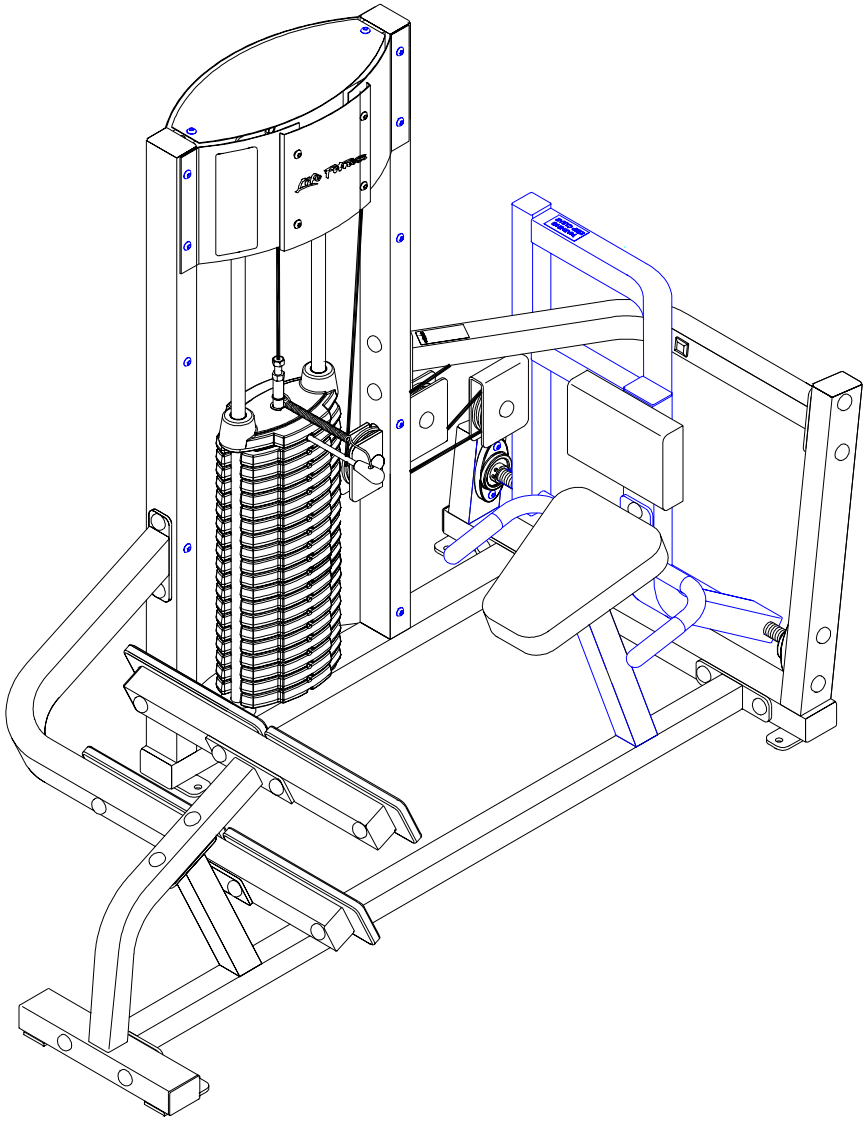
LifeFitness

CLUB SERIES
HORIZONTAL CALF



ASSEMBLY INSTRUCTIONS

PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	70622xx	TOWER	1
1A	7071301	CABLE	1
1B	6714901	GUIDE ROD BUSHING	2
1C	3102514	3/8 FLAT WASHER	2
1D	3102933	3/8-16 X 2 BOLT	1
1E	6866701	3/8 RH WASHER	4
1F	6866601	CAP RH-20 BLK	4
1G	6692601	END CAP 3 X 2	3
1H	6102807	3/8-16 NYLOCK NUT LOW HT	3
1I	6480301	3/8 SPACER	4
1J	3102903	3/8-16 X 2.5 BOLT	2
1K	3222801	4.5" PULLEY	3
2	70654xx	BASE FRAME	1
3	70702xx	ASSY HANDLES	1
3A	3103109	RUBBER GRIP	2
3B	6405201	2 SQ END CAP	1
4	68839xx	GUIDE ROD SUPPORT	1
5	70708xx	ASSY BACK PIVOT	1
6	70709xx	ASSY REAR FRAME	1
7	70710xx	ASSY TOWER SUPPORT	1
8	70711xx	ASSY UPPER FOOT	1
9	70712xx	ASSY LOWER FOOT	1
10	70714xx	ASSY 3” X 2” TUBE	1
11	7070101	FOOT BOARD	4
12	6923602	HEAD PLATE BLK	2
13	3102924	3/8 X 1-3/4” BOLT	3
14	3102903	3/8 X 2-1/2” BOLT	2
15	3102922	3/8 X 2-3/4” BOLT	12
16	3102905	3/8 X 3-3/4” BOLT	6
17	3202404	3/8 X 3” BUTTON HEAD BOLT	4
18	3202406	3/8 X 1-1/4” BUTTON HEAD BOLT	2
19	3108410	3/8 X 3-1/2” FLAT HEAD BOLT	4
20	3108408	3/8 X 3-1/4” FLAT HEAD BOLT	4
21	3102807	3/8” LOW HEIGHT LOCK NUT	33
22	3102514	3/8” SAE WASHER	44
23	6866701	3/8” RH WASHER	56
24	3114502	3/8” LOCK WASHER	2
25	3203501	PILLOW BLOCK	2
26	6913801	WEIGHT STACK SELECTOR PIN	1
27	3108001	WEIGHT STACK CUSHION	2
28	6866602	WHITE RH CAP	56
OR	6866603	PLATINUM RH CAP	56
29	3222001	1” SHAFT COLLAR	2
30	3116001	RUBBER BUMPER	2
31	6714901	GUIDE ROD BUSHING	2
32	6912801	ACCORDION SLEEVE	2
33	7053801	PLACARD LABEL	1
34	7058501	LANGUAGE PLACARD LABEL	1
35	6926901	GUIDE ROD	2
36	6887202	10 LB. WEIGHT PLATE (STD)	20
37	6888402	15 LB. WEIGHT PLATE (OPT)	10
38	6957001	WEIGHT STACK LABEL	1
39	3222801	4-1/2” PULLEY	2
40	69132xx	BACK PAD	1
41	69131xx	SEAT PAD	1
42	3230701	STARLOCK WASHER	4
43	6861902	TOP COVER SHROUD	1
44	6862102	FRONT SIDE SHROUD	2
45	6862007	FRONT PLATINUM SHROUD	1
46	6925302	FULL REAR SHROUD BLACK	1
*OPTION	6921502	ASSY FULL FRONT SHROUD BLK	1

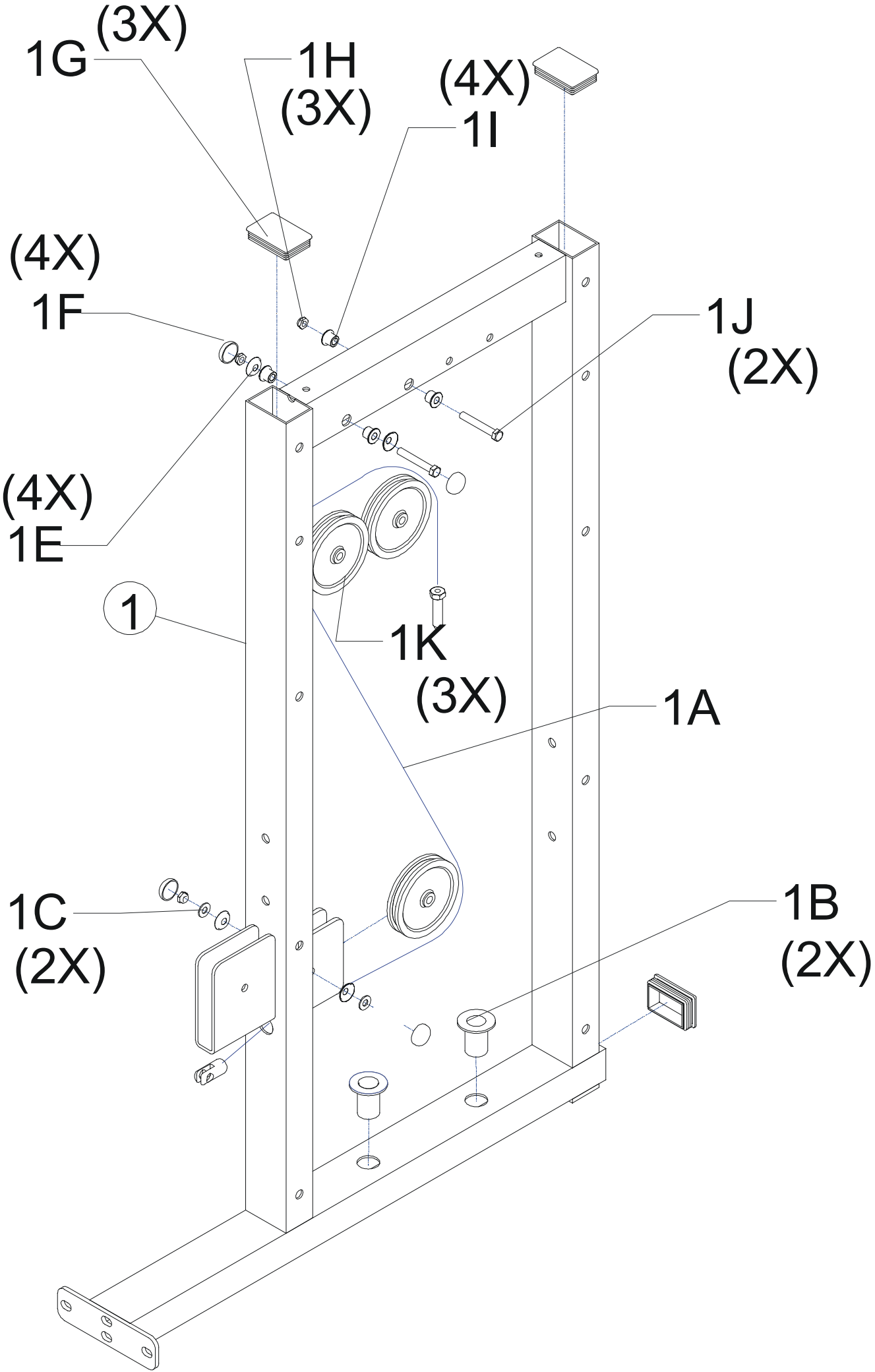
***For all 5 digit part numbers you need to add the color at the end.**
For shrouds and weldments please use the following codes:

xxxxx07	**Denotes Platinum**
xxxxx08	**Denotes White**

****Language placard kit comes with Dutch, French, German, Poruguese, Spanish, Japaneese, and Italian.**

***For upholstery, please use the following codes:**

#02 ROYAL BLUE
#03 SLATE
#04 CRANBERRY
#05 NORTHWOODS
#06 SPACE BLUE
#07 AMERICAN BEAUTY RED
#08 SUEDE
#12 BLACK
#13 HUNTER GREEN
#14 REGIMENTAL BLUE
#15 GINGERSNAP
#16 CONCORD
#17 URQUOISE
#18 RASPBERRY
#19 CROCUS


1G (3X)
1H (3X)
(4X)
1I
(4X) 1F
1J (2X)
(4X) 1E
1
1K (3X)
1A
1C (2X)
1B (2X)

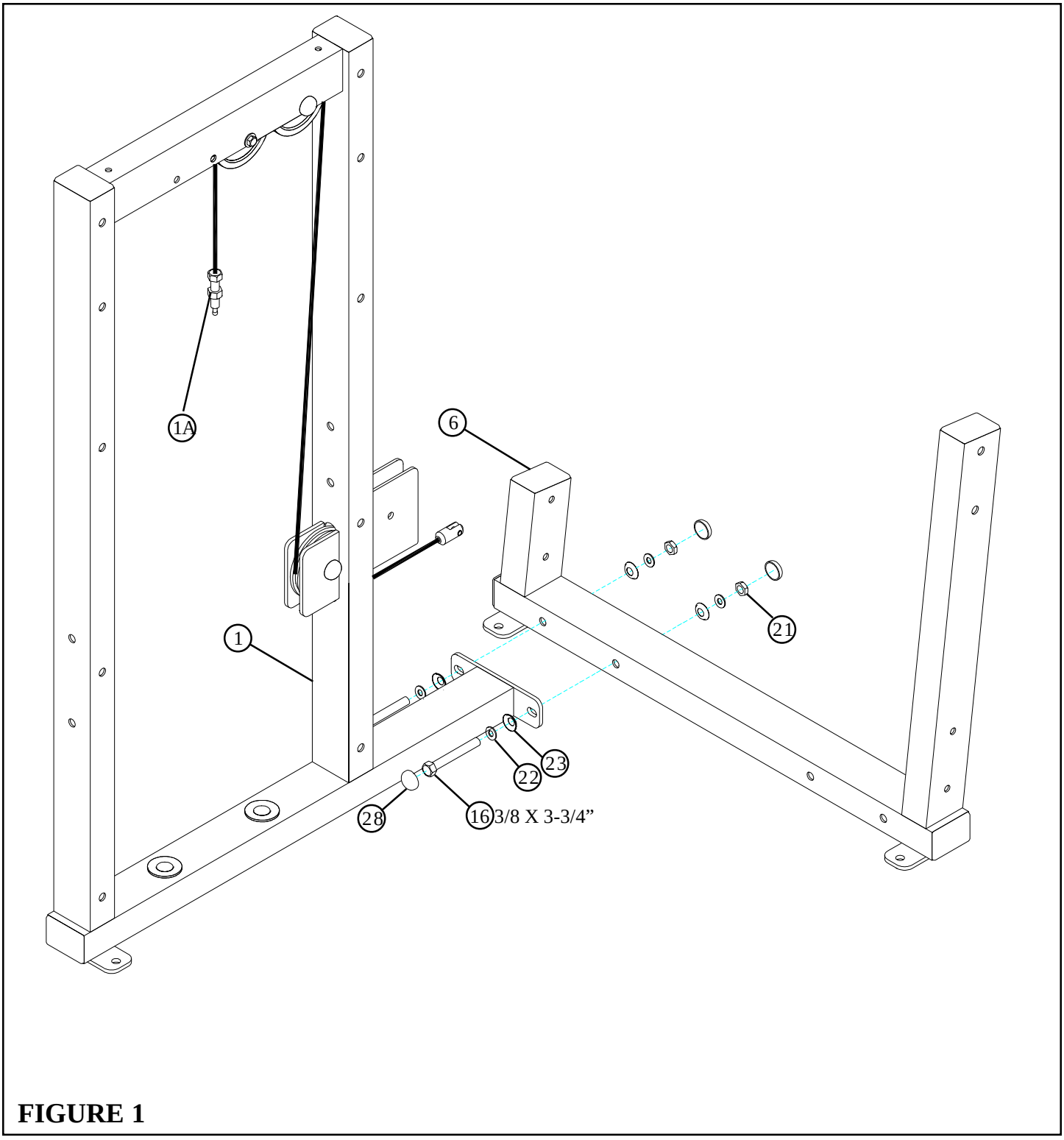
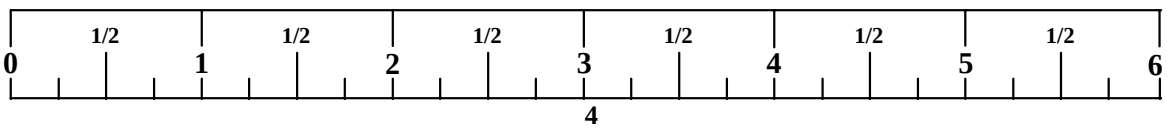


FIGURE 1

STEP 1:

- **LOOSELY** assemble the REAR FRAME (6) to the TOWER (1) using four RH CAPS (28), two 3/8 X 3-3/4” BOLTS (16), four 3/8” SAE WASHERS (22), four 3/8” RH WASHERS (23) and two 3/8” LOW HEIGHT LOCK NUTS (21) as shown in FIGURE 1.



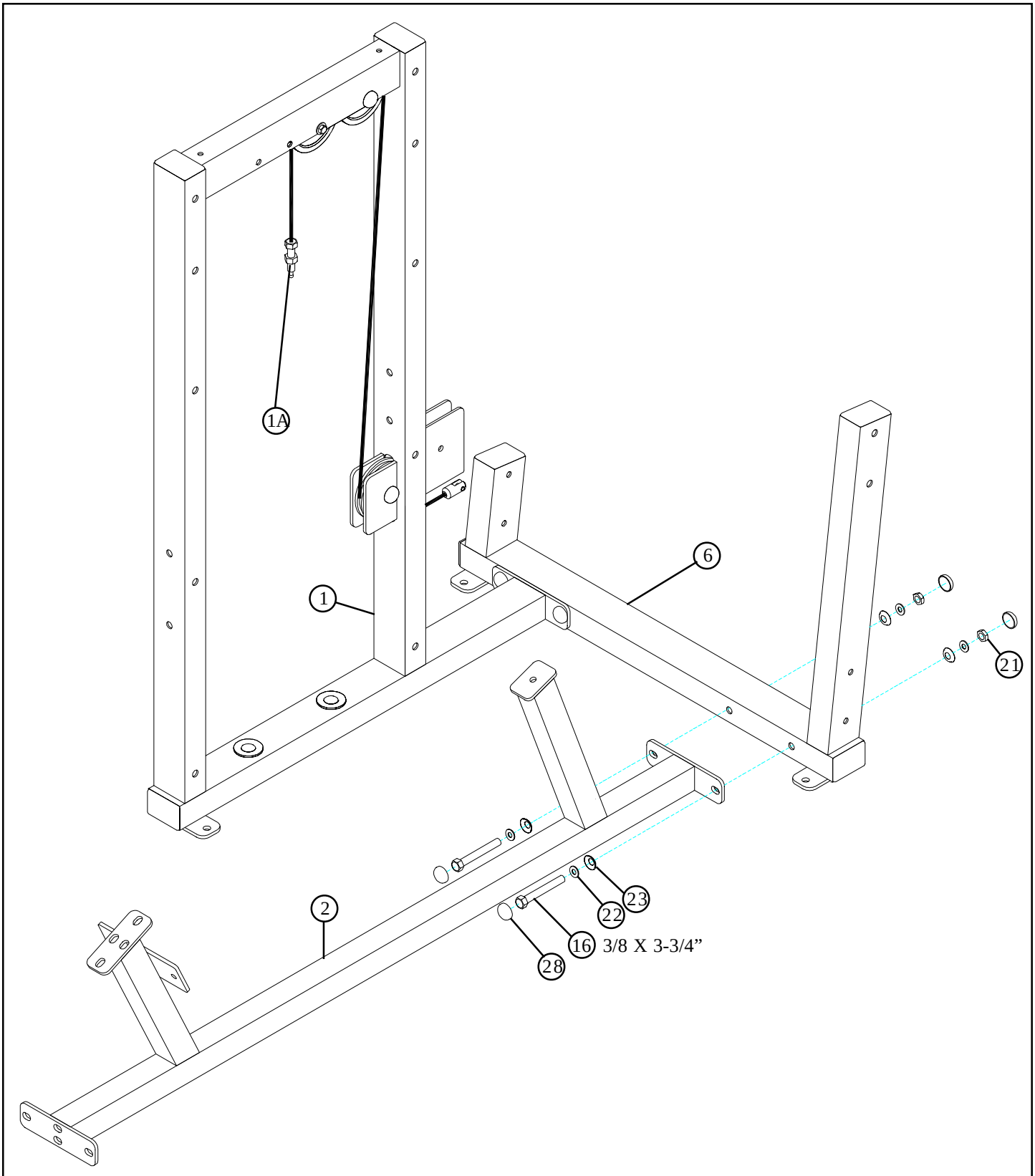


FIGURE 2

STEP 2:

- **LOOSELY** assemble the BASE FRAME (2) to the REAR FRAME (6) using four RH CAPS (28), two 3/8 X 3-3/4” BOLTS (16), four 3/8” SAE WASHERS (22), four 3/8” RH WASHERS (23), and two 3/8” LOW HEIGHT LOCK NUTS (21) as shown in FIGURE 2.

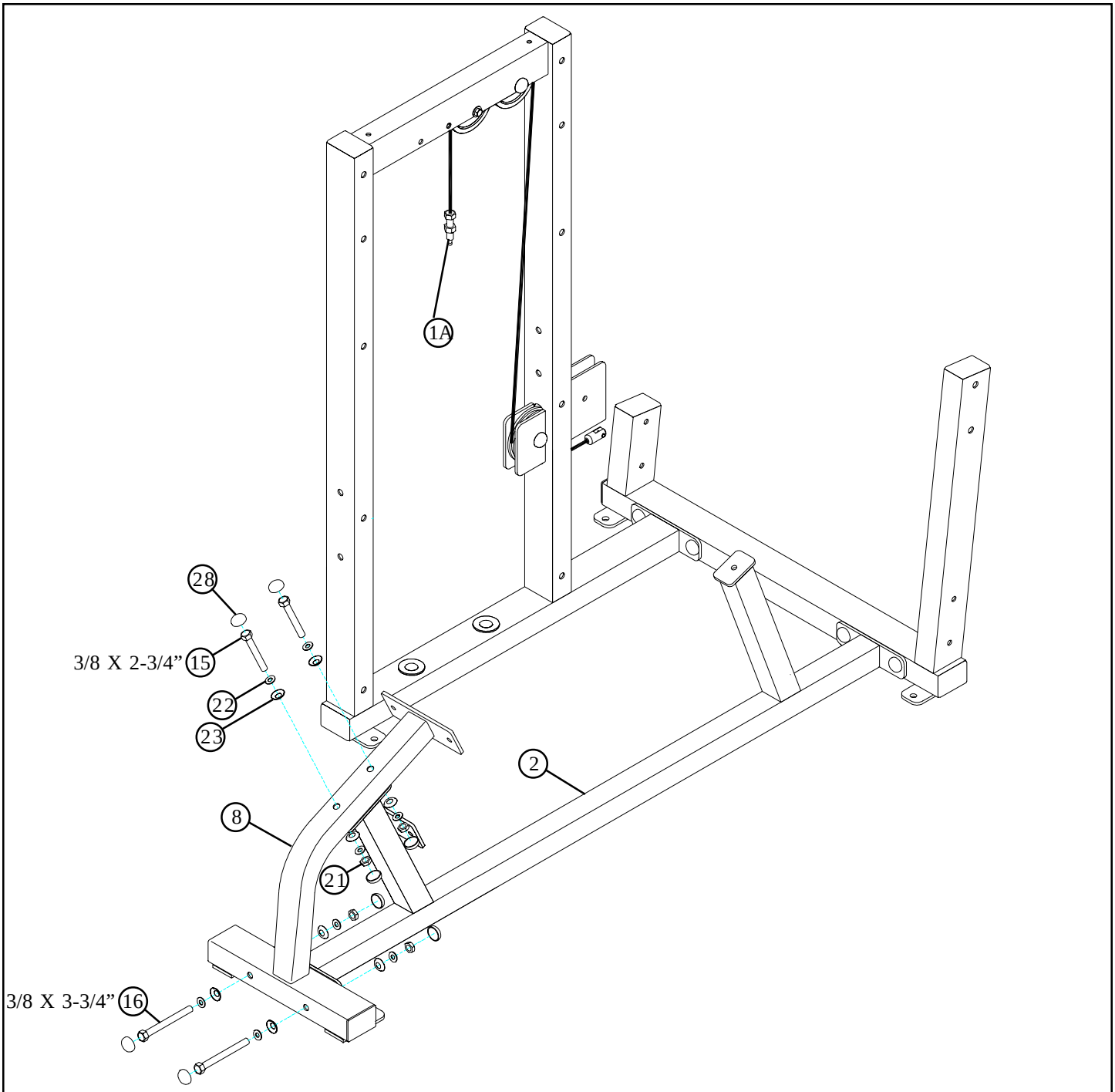
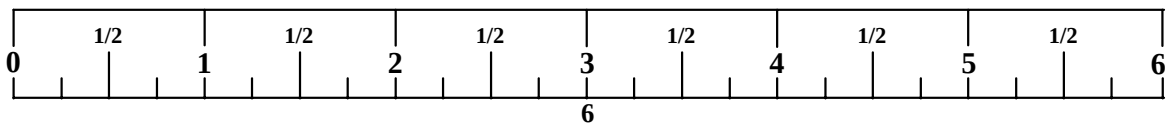


FIGURE 3

STEP 3:

- **LOOSELY** assemble the UPPER FOOT (8) to the BASE FRAME (2) using eight RH CAPS (28), two 3/8 X 2-3/4" BOLTS (15), two 3/8 X 3-3/4" BOLTS (16). eight 3/8" SAE WASHERS (22), eight 3/8" RH WASHERS (23) and four 3/8" LOW HEIGHT LOCK NUTS (21) as shown in FIGURE 3.



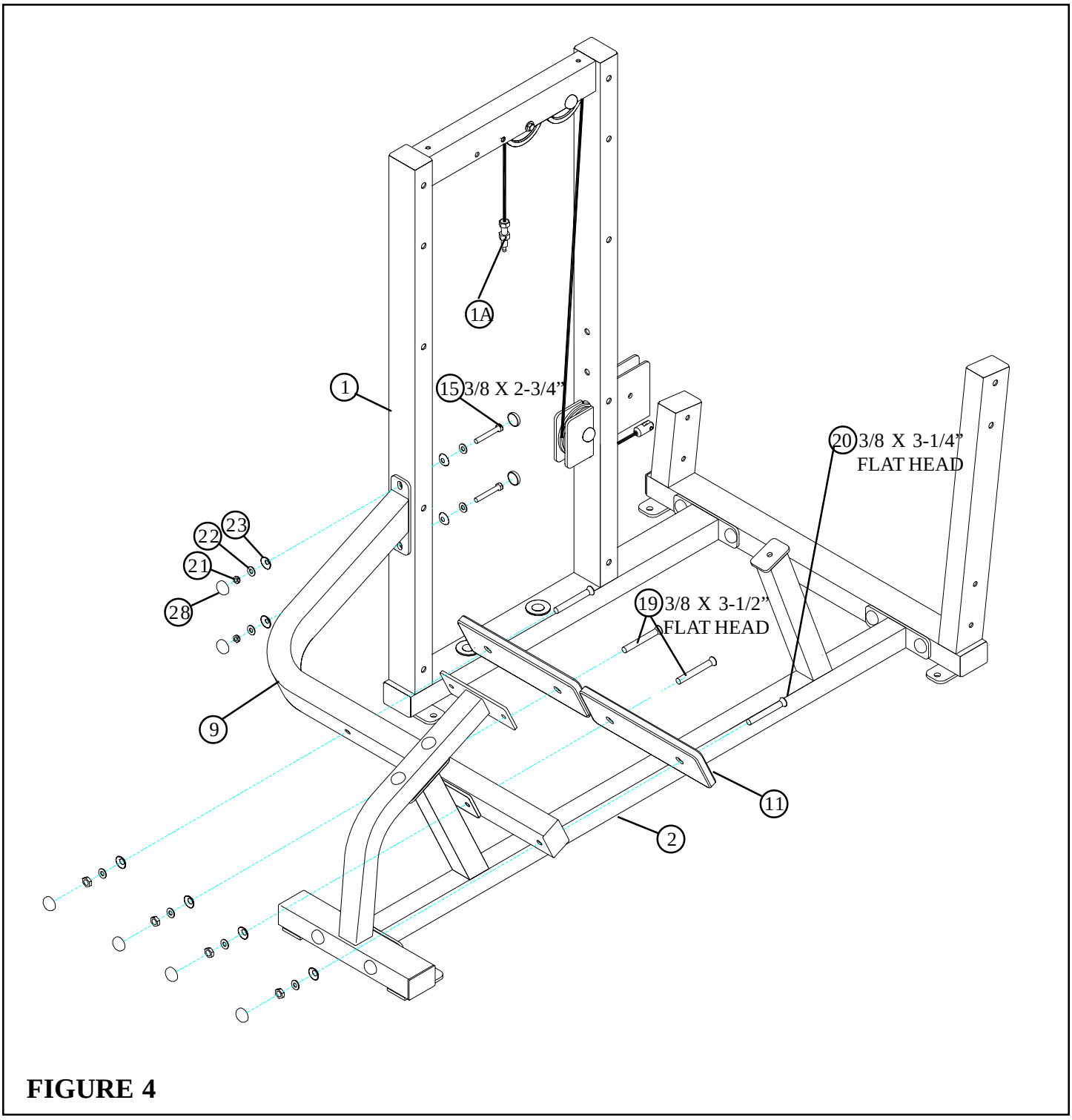
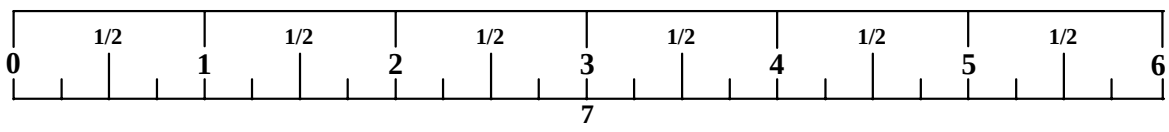


FIGURE 4

STEP 4:

- **LOOSELY** assemble the LOWER FOOT (9) to the TOWER (1) using four RH CAPS (28), two 3/8 X 2-3/4" BOLTS (15), four 3/8" SAE WASHERS (22), four 3/8" RH WASHERS (23) and two 3/8" LOW HEIGHT LOCK NUTS (21) as shown in FIGURE 4.
- **LOOSELY** assemble the LOWER FOOT (9) to the BASE (2) using four RH CAPS (28), two 3/8 X 3-1/2" FLAT HEAD BOLTS (19), two 3/8 X 3-1/4" FLAT HEAD BOLTS (20), two FOOTBOARDS (11), four 3/8" RH WASHERS (23), four 3/8" SAE WASHERS (22) and four 3/8" LOW HEIGHT LOCK NUTS (21) as shown in FIGURE 4.



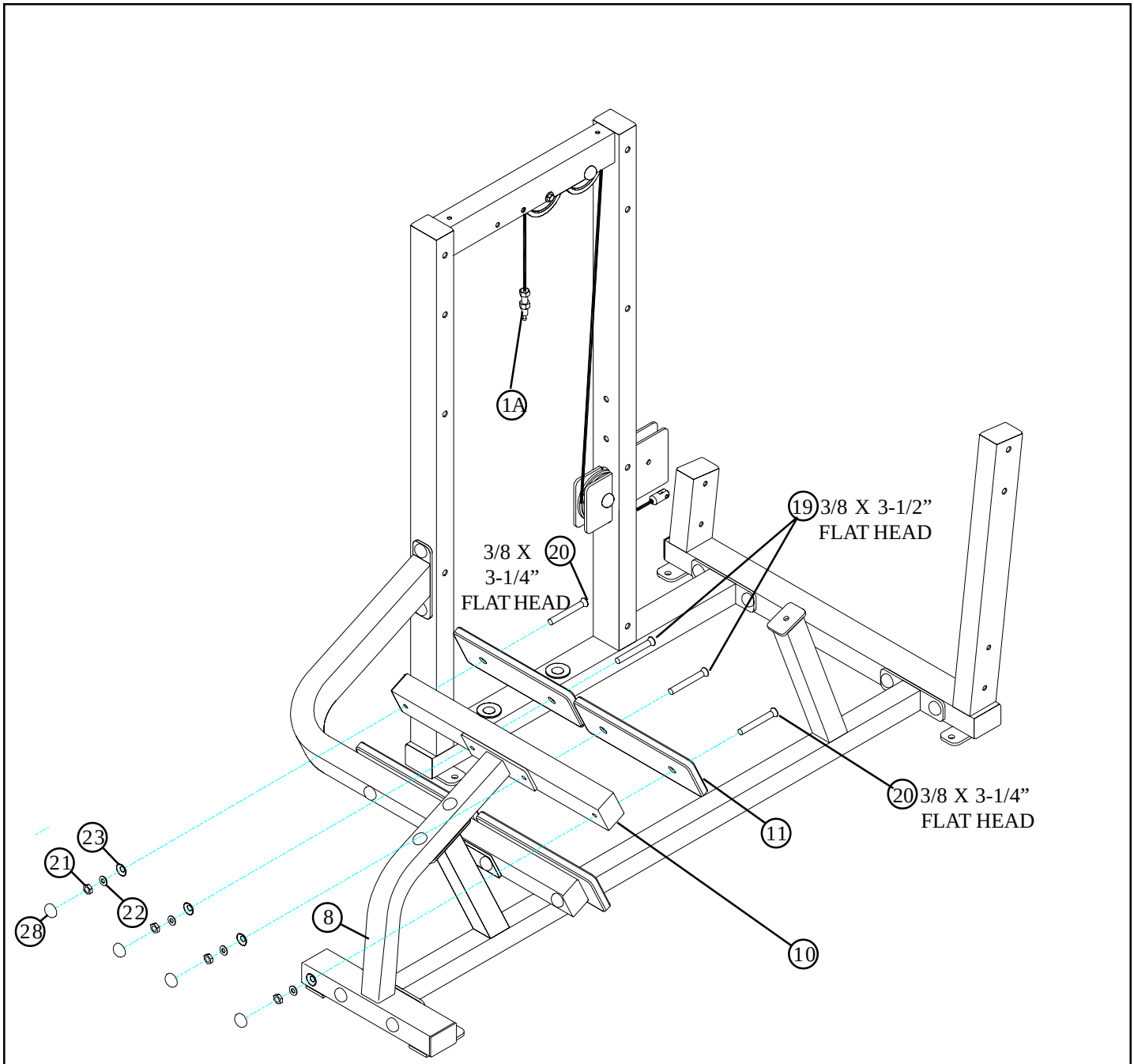
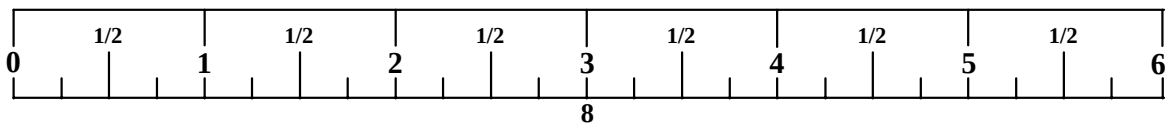


FIGURE 5

STEP 5:

- **SECURELY** assemble the 3" X 2" TUBE (10) to the UPPER FOOT (8) using four RH CAPS (28), two 3/8 X 3-1/4" FLAT HEAD BOLTS (20), two 3/8 X 3-1/2" FLAT HEAD BOLTS (19), two FOOTBOARDS (11), four 3/8" RH WASHERS (23), four 3/8" SAE WASHERS (22) and four 3/8" LOW HEIGHT LOCK NUTS (21) as shown in FIGURE 5.



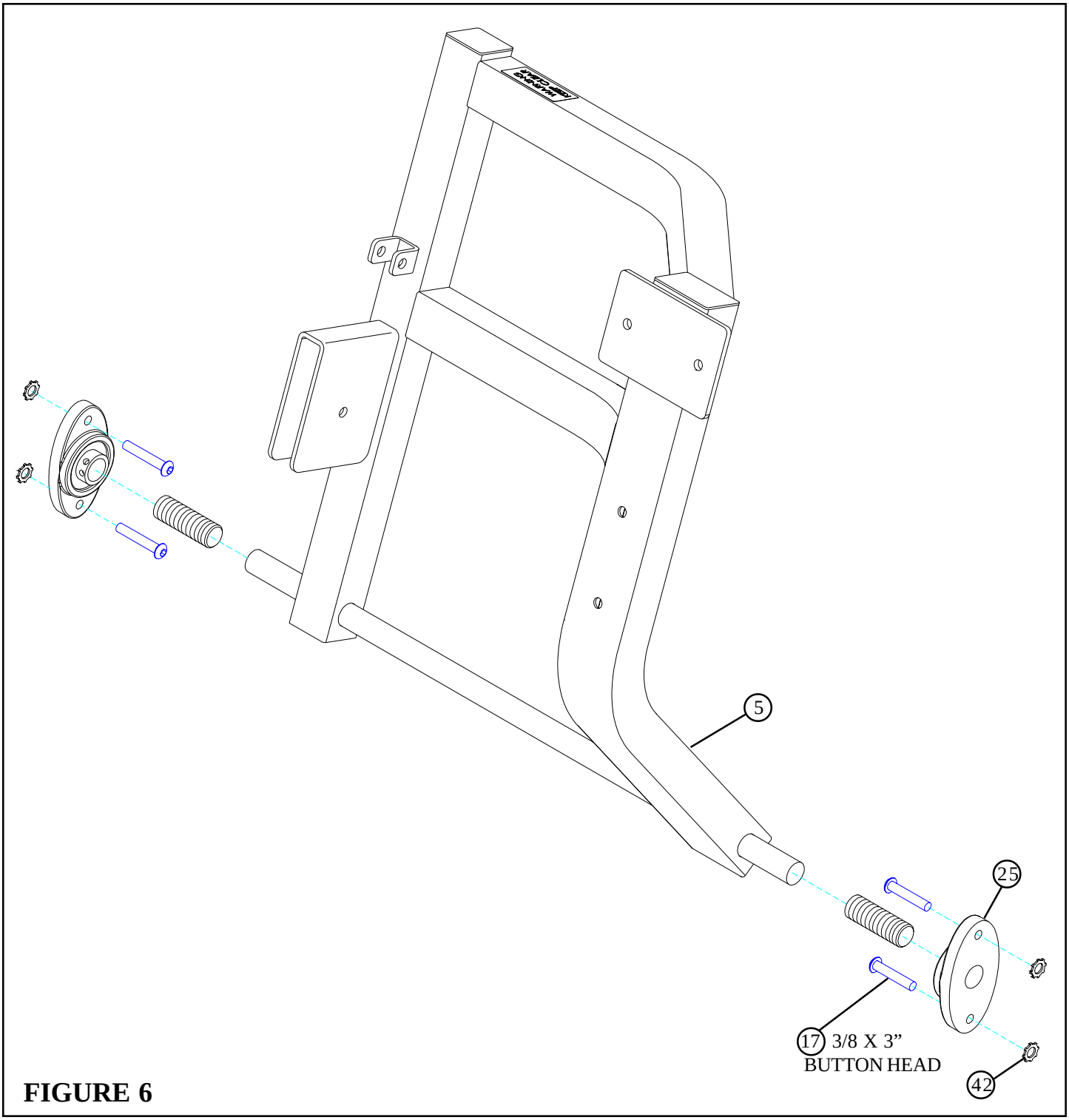


FIGURE 6

STEP 6:

- Slide two ACCORDION SLEEVES (32) and two PILLOW BLOCKS (25) over the BACK PIVOT (5) as shown in FIGURE 6.
- Assemble four 3/8 X 3” BUTTON HEAD CAP SCREWS (17) and four STARLOCK WASHERS (42) to the the PILLOW BLOCKS (25) as shown in FIGURE 6.

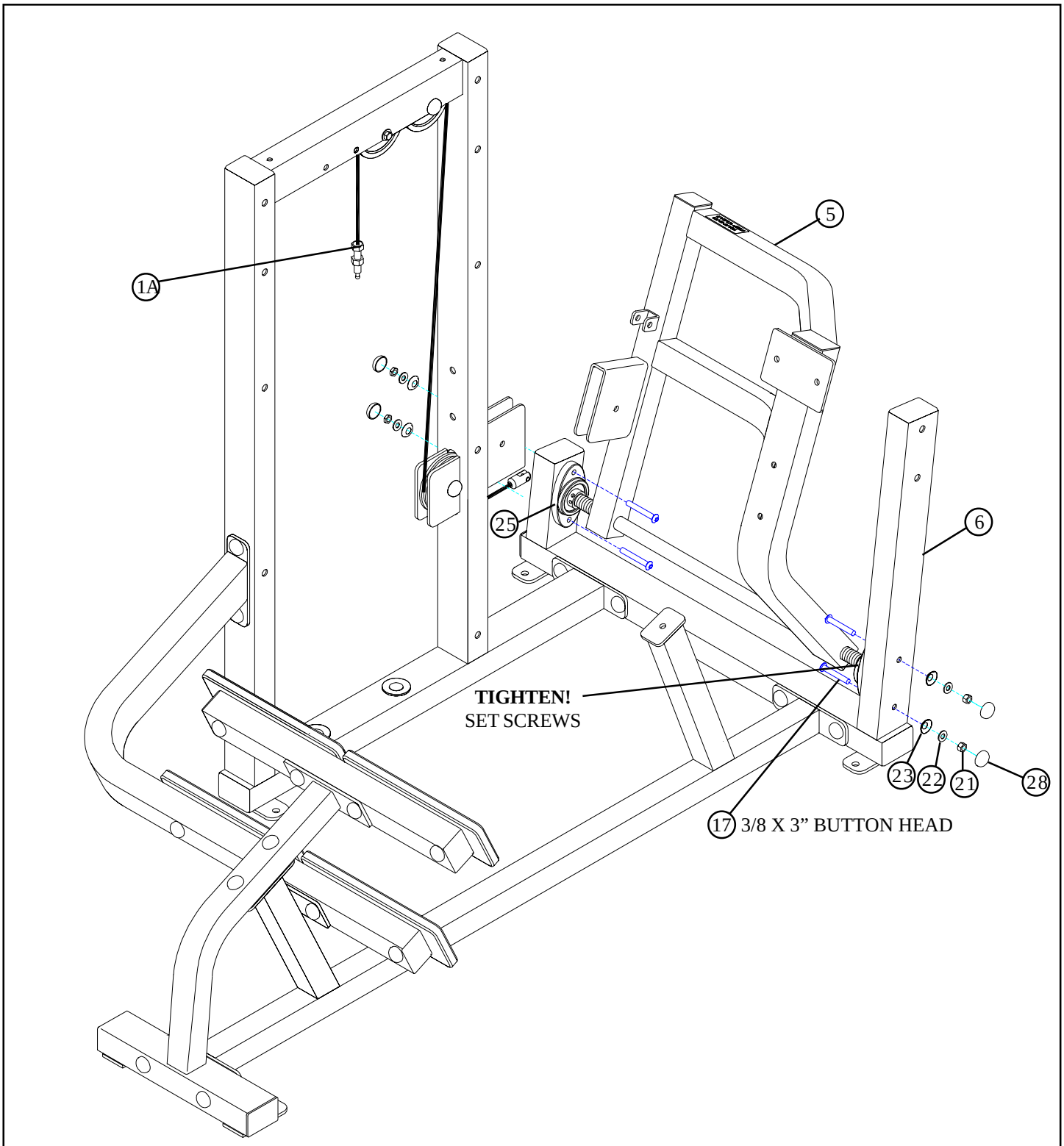


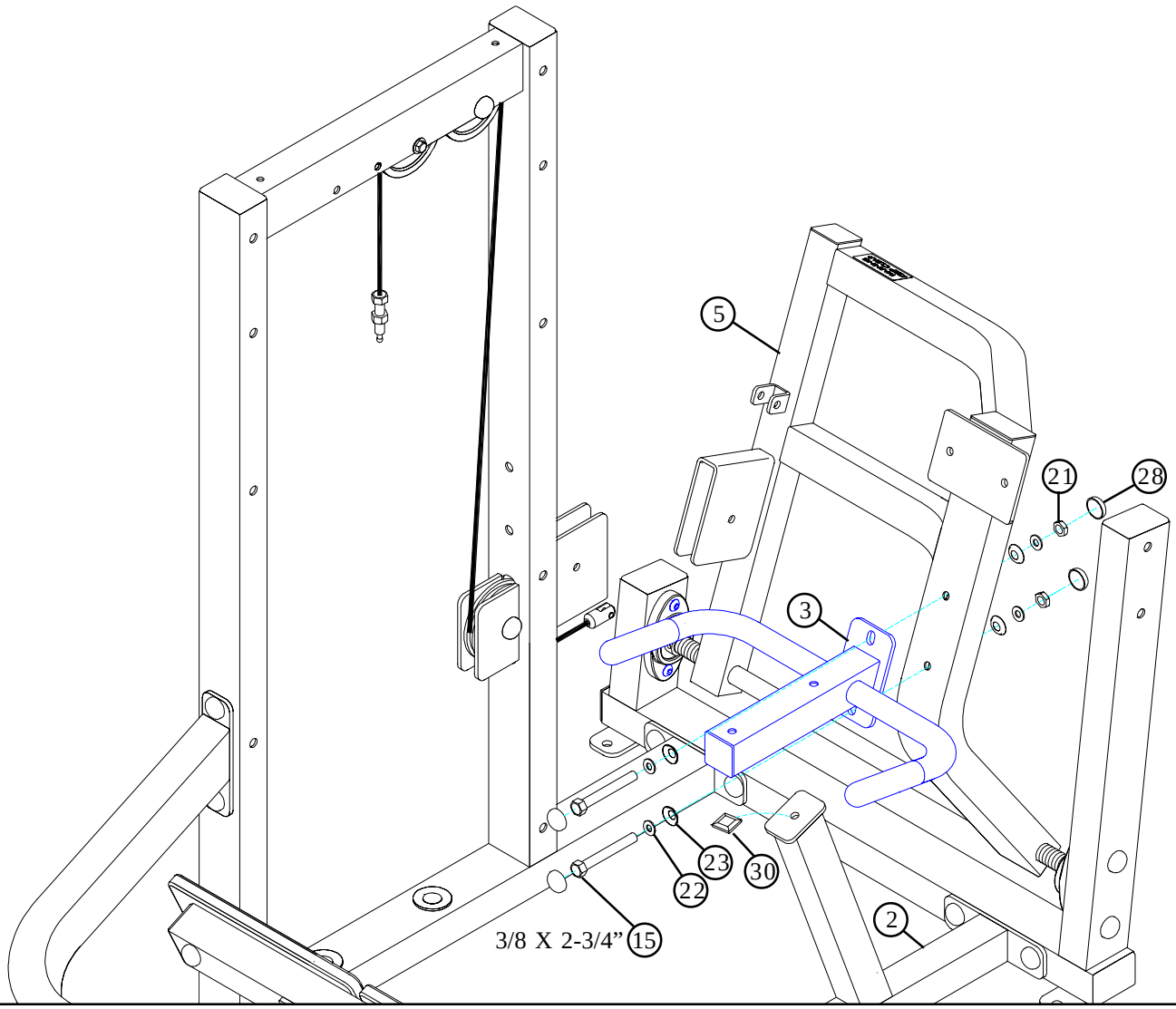
FIGURE 7

STEP 7:

- **SECURELY** assemble the BACK PIVOT (5) to the REAR FRAME (6) using four previously inserted 3/8 X 3" BUTTON HEAD CAP SCREWS (17), four RH WASHERS (23), four 3/8" SAE WASHERS (22), four 3/8" LOW HEIGHT LOCK NUTS (21) and four RH CAPS (28) as shown in FIGURE 7.

- **IMPORTANT!** When BACK PIVOT (5) is centered and level in the PILLOW BLOCKS (25), tighten the PILLOW BLOCK set screws.

FIGURE 8

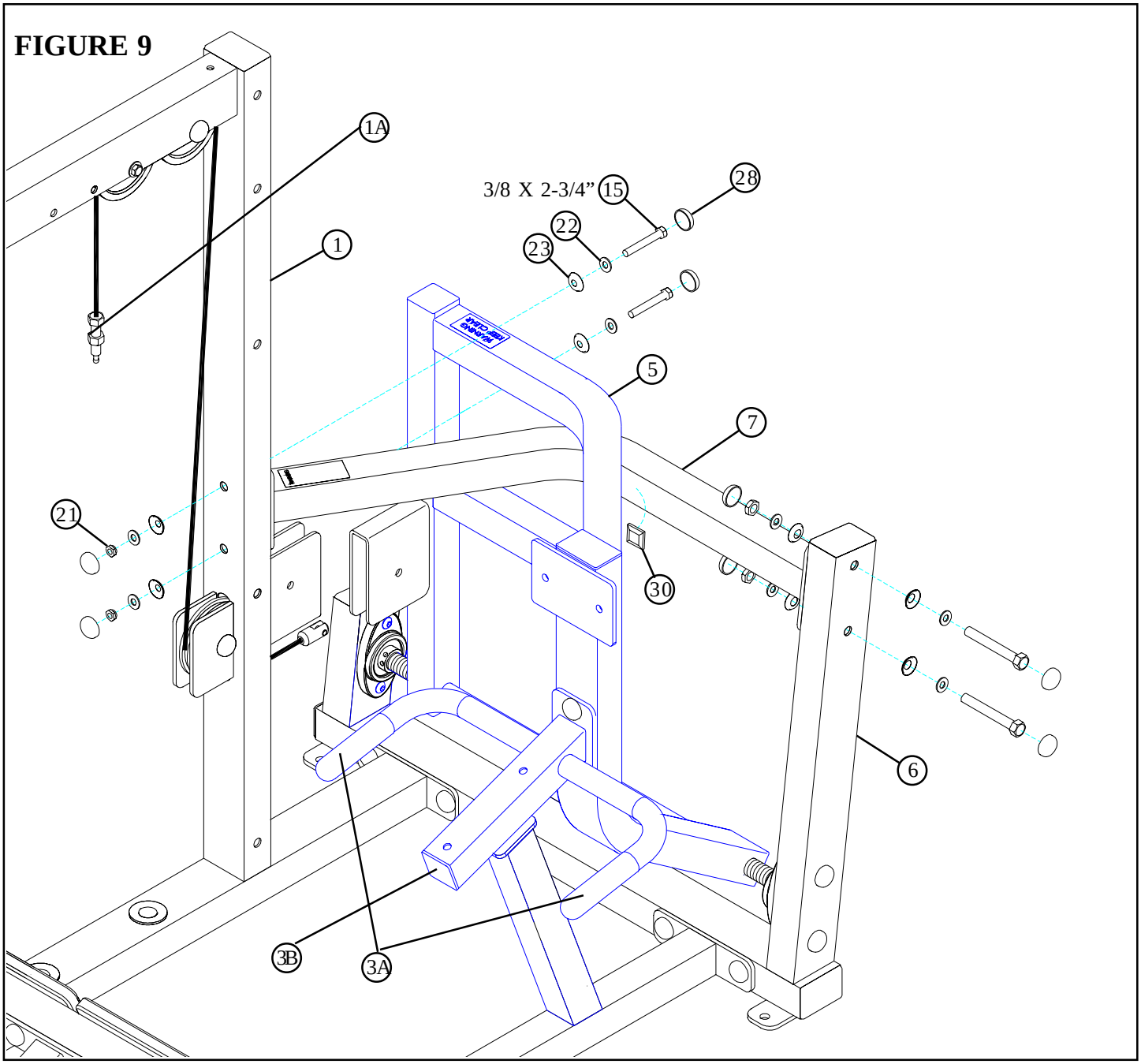


STEP 8:

- **SECURELY** assemble the HANDLES (3) to the BACK PIVOT (5) using four RH CAPS (28), two 3/8 X 2-3/4" BOLTS (15), four 3/8" SAE WASHERS (22), four 3/8" RH WASHERS (23) and two 3/8" LOW HEIGHT LOCK NUTS (21) as shown in FIGURE 8. **(NOTE: Before tightening bolts, push HANDLES (3) down until the bolts are at the top of the slots in plate.)**

- Assemble one RUBBER BUMPER (30) to the BASE FRAME (2) where the HANDLES (3) contacts the BASE FRAME (2).

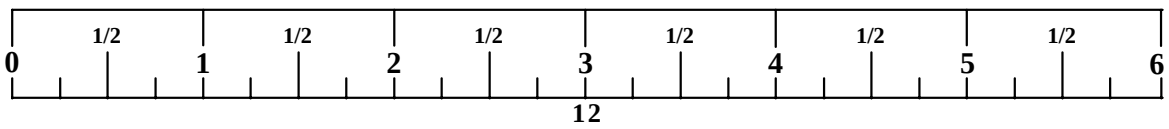
FIGURE 9

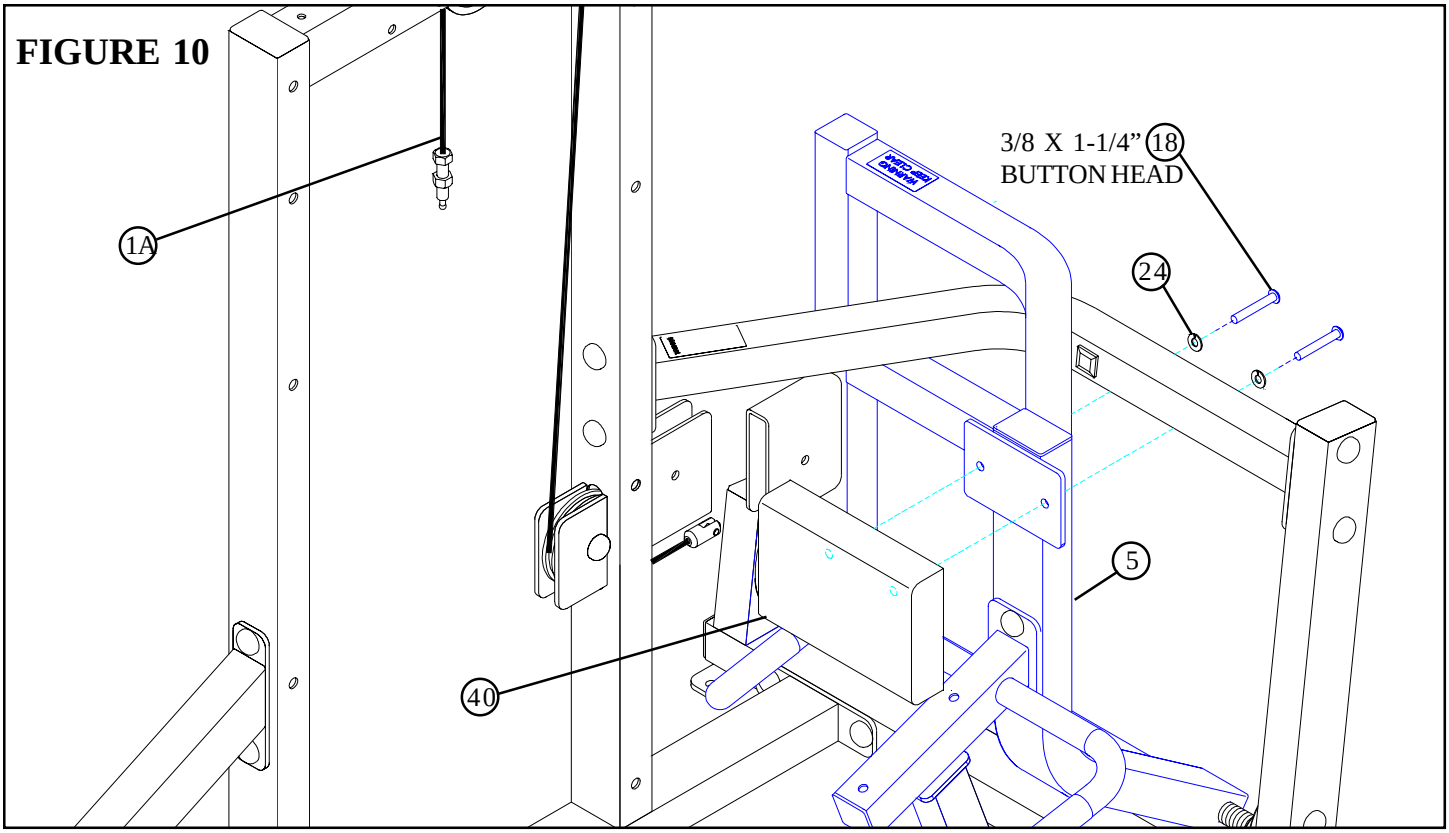


STEP 9:

- **SECURELY** assemble the TOWER SUPPORT (7) to the TOWER (1) and the REAR FRAME (6) using eight RH CAPS (28), four 3/8 X 2-3/4" BOLTS (15), eight 3/8" SAE WASHERS (22), eight 3/8" RH WASHERS (23) and four 3/8" LOW HEIGHT LOCK NUTS (21) as shown in FIGURE 9.
- Assemble one RUBBER BUMPER (30) to the TOWER SUPPORT (7) where the BACK PIVOT (6) contacts the TOWER SUPPORT (7) as shown in FIGURE 9..

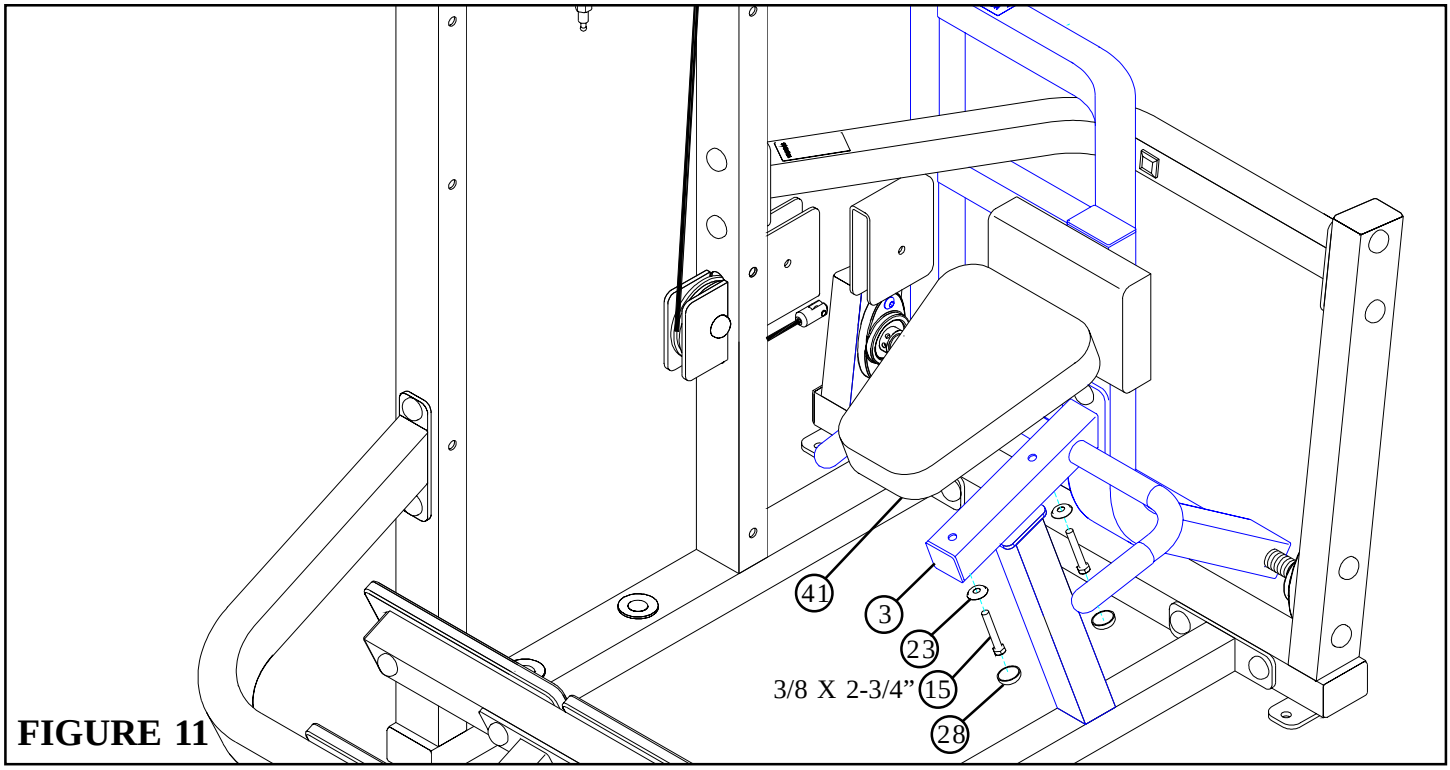
- **Securely tighten all loose frame connections made to this point.**





STEP 10:

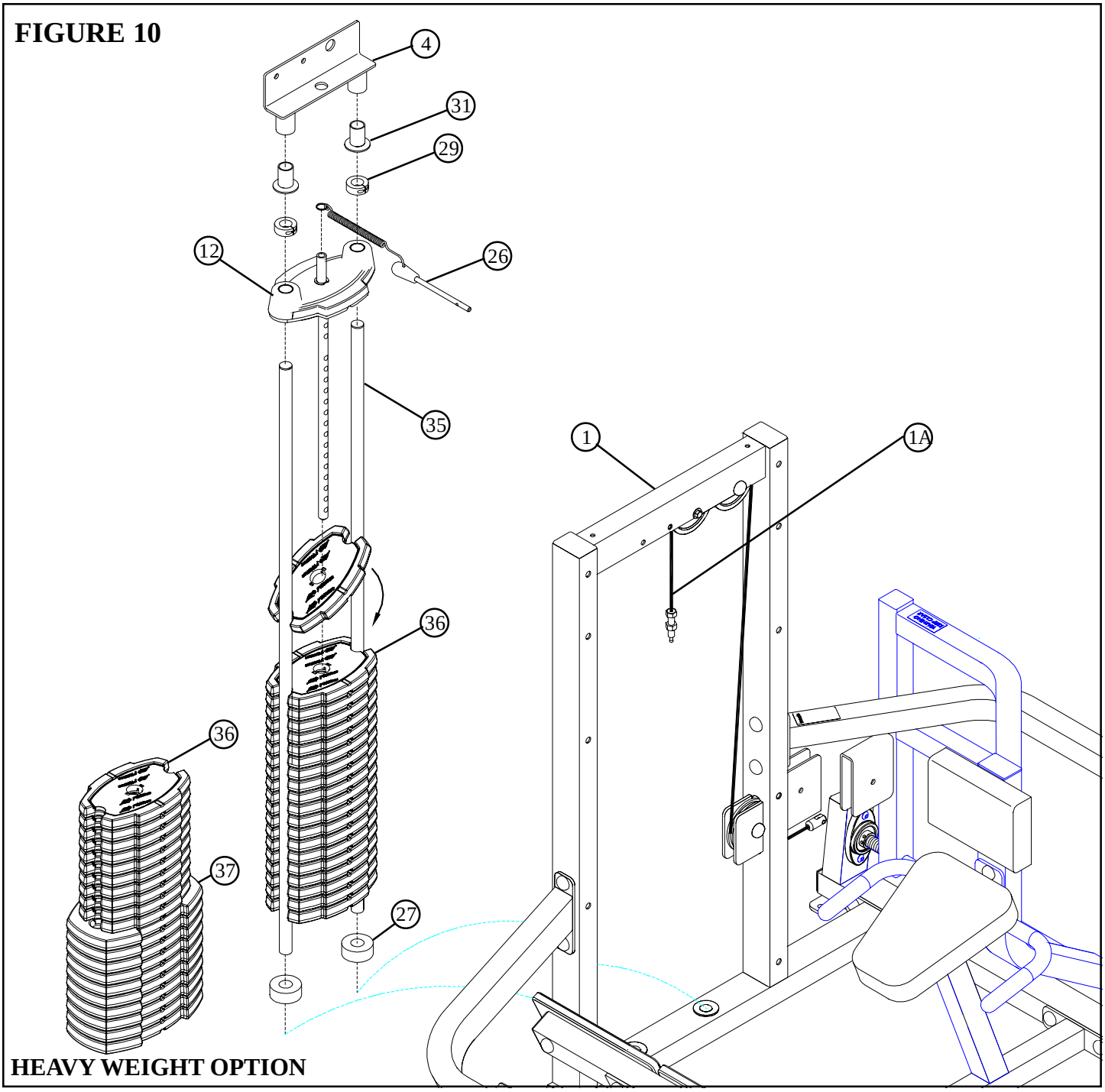
- **SECURELY** assemble the BACK PAD (40) to the BACK PIVOT (5) using two 3/8 X 1-1/4" BUTTON HEAD BOLTS (18) and two 3/8" LOCK WASHERS (24) as shown in FIGURE 10.



STEP 11:

- **SECURELY** assemble the SEAT PAD (41) to the HANDLES (3) using two RH CAPS (28), two 3/8 X 2-3/4" BOLTS (15) and two 3/8" RH WASHERS (23) as shown in FIGURE 11.

FIGURE 10

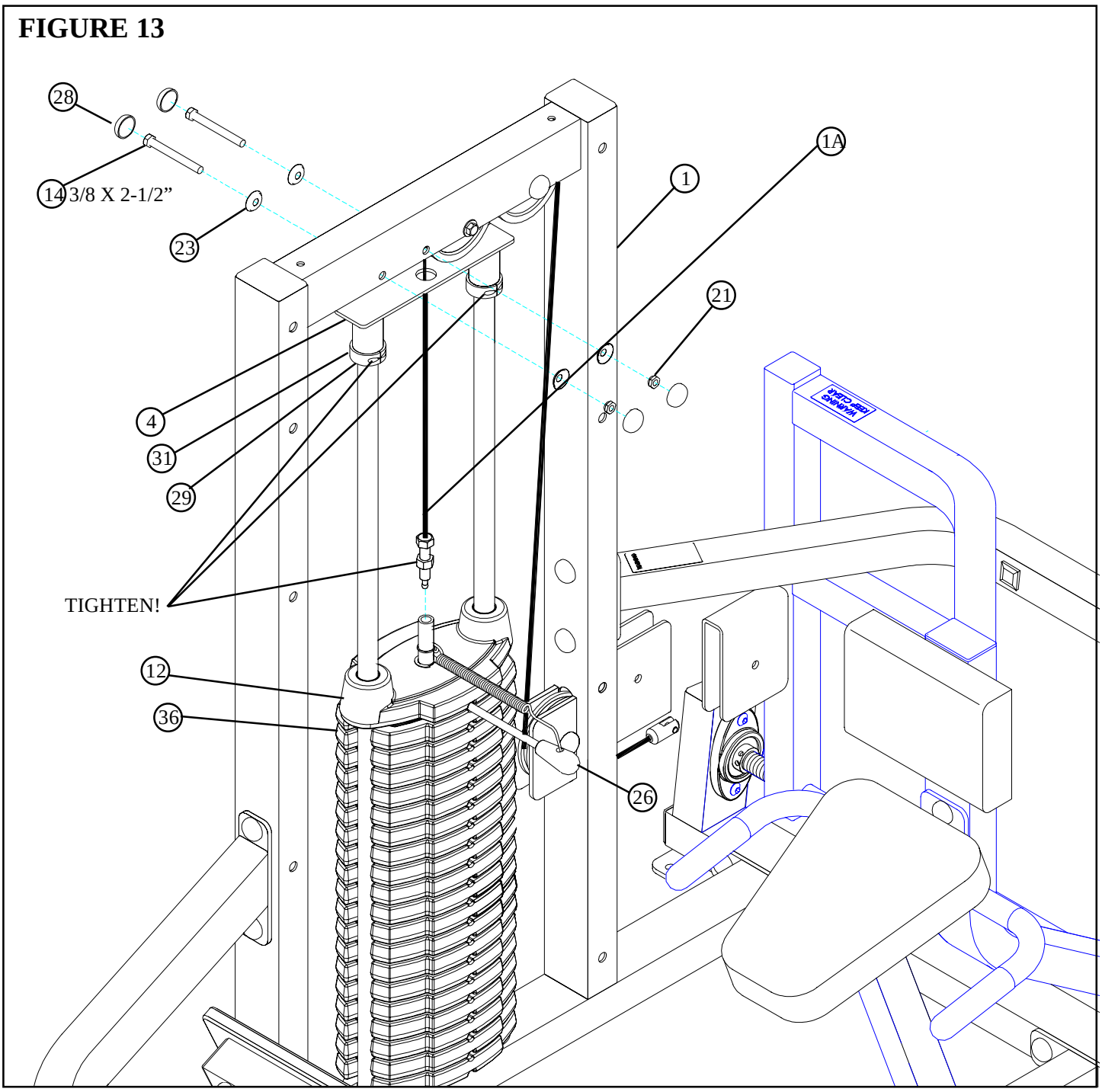


HEAVY WEIGHT OPTION

STEP 13:

- Insert the two GUIDE RODS (35) (found in SHROUD KIT box) into the base of the TOWER (1) as shown in FIGURE 13. Lubricate the GUIDE RODS (35) with a slicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (27) down over the GUIDE RODS (35). See FIGURE 13.
- Using **EXTREME CARE** slide twenty 10 LB. WEIGHT PLATES (36) over the GUIDE RODS (35) as shown in FIGURE 13.**(NOTE: If HEAVY WEIGHT OPTION is being used, slide ten 15LB. WEIGHT PLATES (37) and ten 10 LB. WEIGHT PLATES (36) over the GUIDE RODS (35)**
- Carefully Slide the HEAD PLATE (12) down over the GUIDE RODS (35) onto the weight stack as shown in FIGURE 13.
- Slide one WEIGHT STACK SELECTOR PIN (26) over the shaft on the HEAD PLATE (12) as shown in FIGURE 13.
- Slide two 1" SHAFT COLLARS (29) over each GUIDE ROD (35) as shown in FIGURE 13.
- Slide two GUIDE ROD BUSHINGS (31) over each GUIDE ROD (35).
- Place the GUIDE ROD SUPPORT (4) over the GUIDE RODS (35) as shown in FIGURE 13.

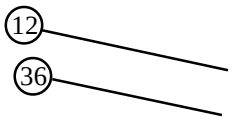
FIGURE 13

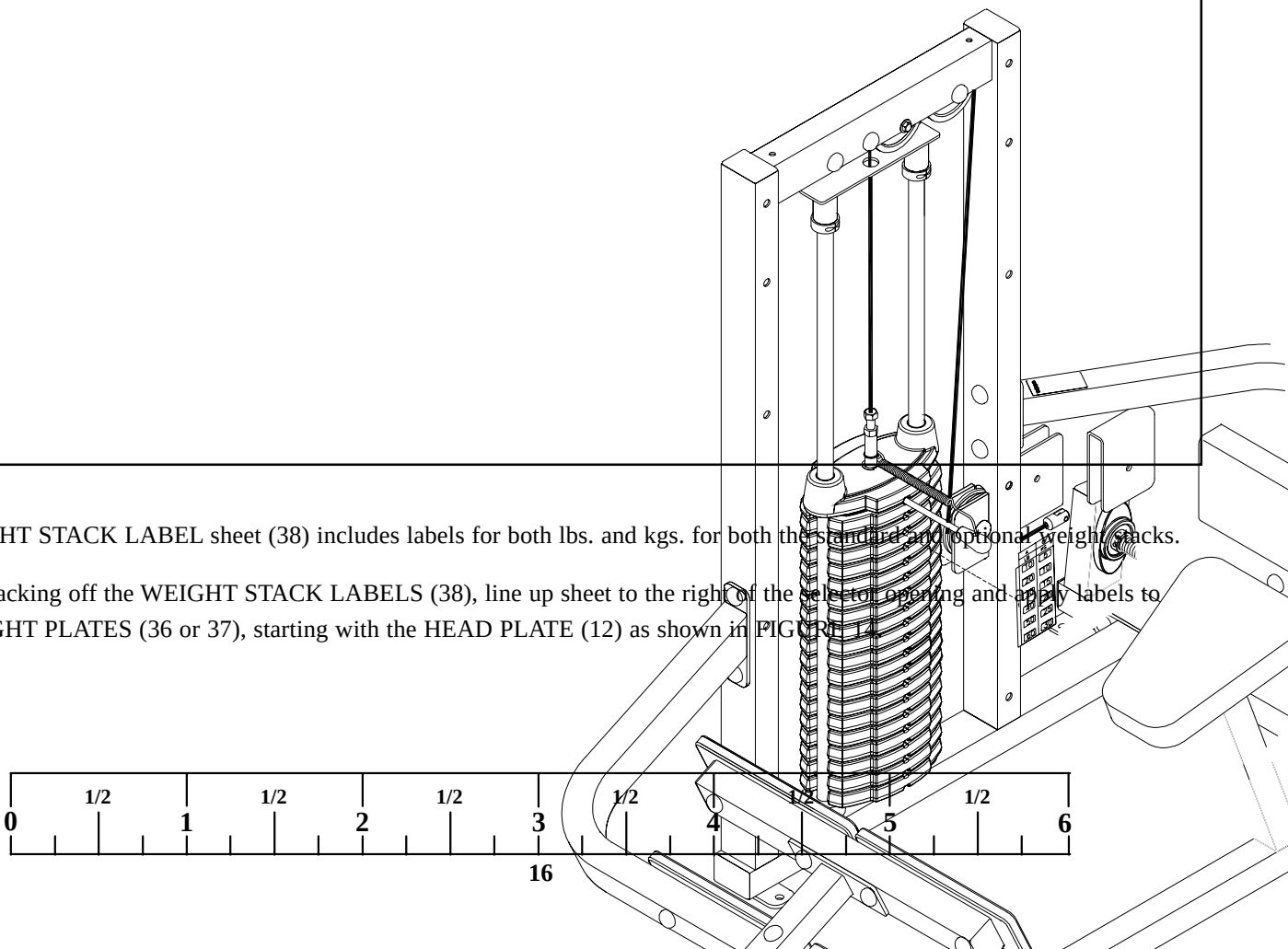


STEP 13:

- **SECURELY** assemble the GUIDE ROD SUPPORT (4) to the TOWER (1) using four RH CAPS (28), two 3/8 X 2-1/2” BOLTS (14), four 3/8” RH WASHERS (23) and two 3/8” LOW HEIGHT LOCK NUTS (21) as shown in FIGURE 13. **(NOTE: Be sure to route cable through the hole of the GUIDE ROD SUPPORT (8) before tightening.)**
- Slide GUIDE ROD BUSHINGS (31) into the tubes on the GUIDE ROD SUPPORT (4), slide 1” SHAFT COLLARS (29) underneath the GUIDE ROD BUSHINGS (31) and **SECURELY** tighten the set screws.
- Screw the threaded end of the CABLE half way into the end of the shaft on the HEAD PLATE (12) and tighten jam nut securely. See FIGURE 13.
- Insert the WEIGHT STACK PIN (26) into the WEIGHT STACK as shown in FIGURE 13.

FIGURE 14





STEP 14:

- The WEIGHT STACK LABEL sheet (38) includes labels for both lbs. and kgs. for both the standard and optional weight stacks.
- Peel the backing off the WEIGHT STACK LABELS (38), line up sheet to the right of the selector opening and apply labels to the WEIGHT PLATES (36 or 37), starting with the HEAD PLATE (12) as shown in FIGURE 14.

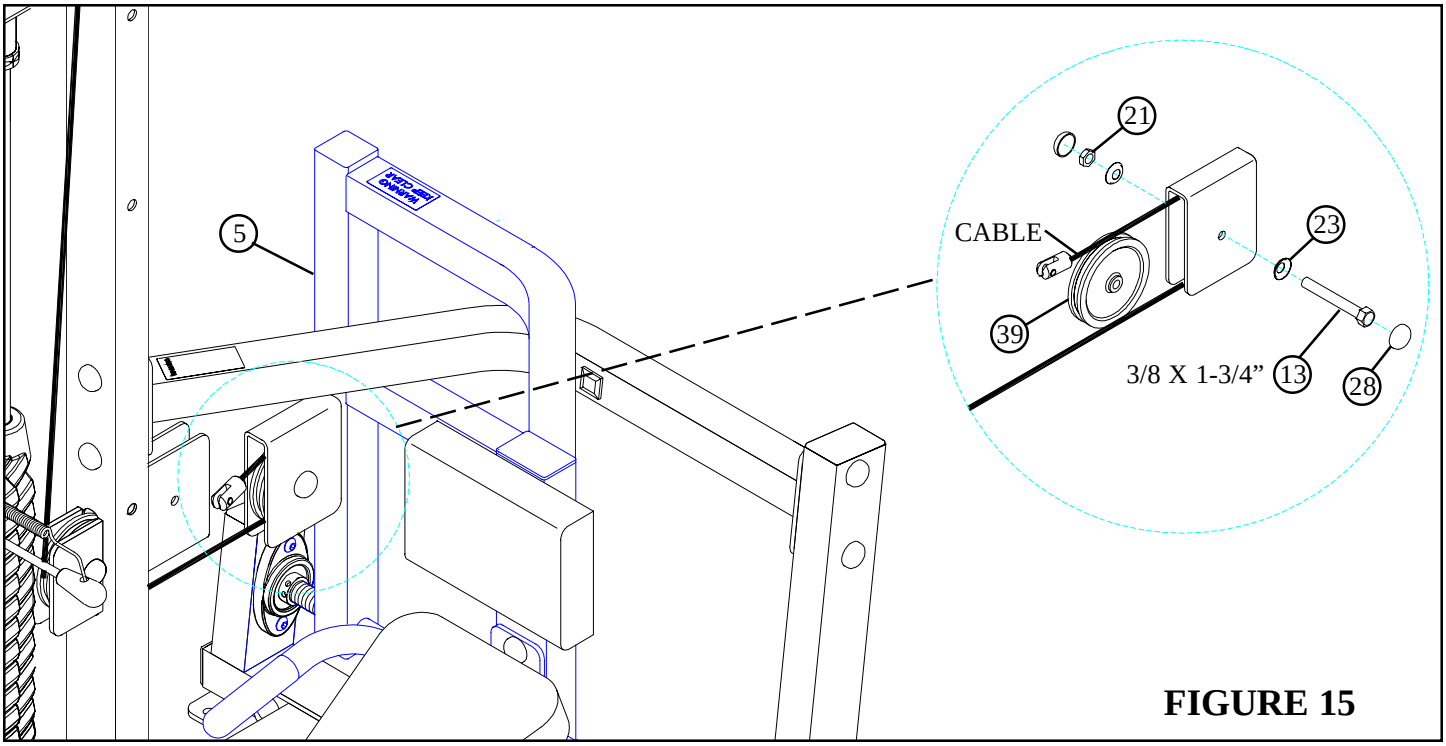


FIGURE 15

STEP 15:

- Carefully route the CABLE around the pulley as shown. Make sure the CABLE is in the groove of the pulley.
- **SECURELY** assemble the 4-1/2” PULLEY (39) to the vertical pulley bracket on the BACK PIVOT (5) using two RH CAPS (28), one 3/8 X 1-3/4” BOLTS (13), two 3/8” RH WASHERS (23), and one 3/8” LOW HEIGHT LOCK NUT (21).as shown in FIGURE 15.

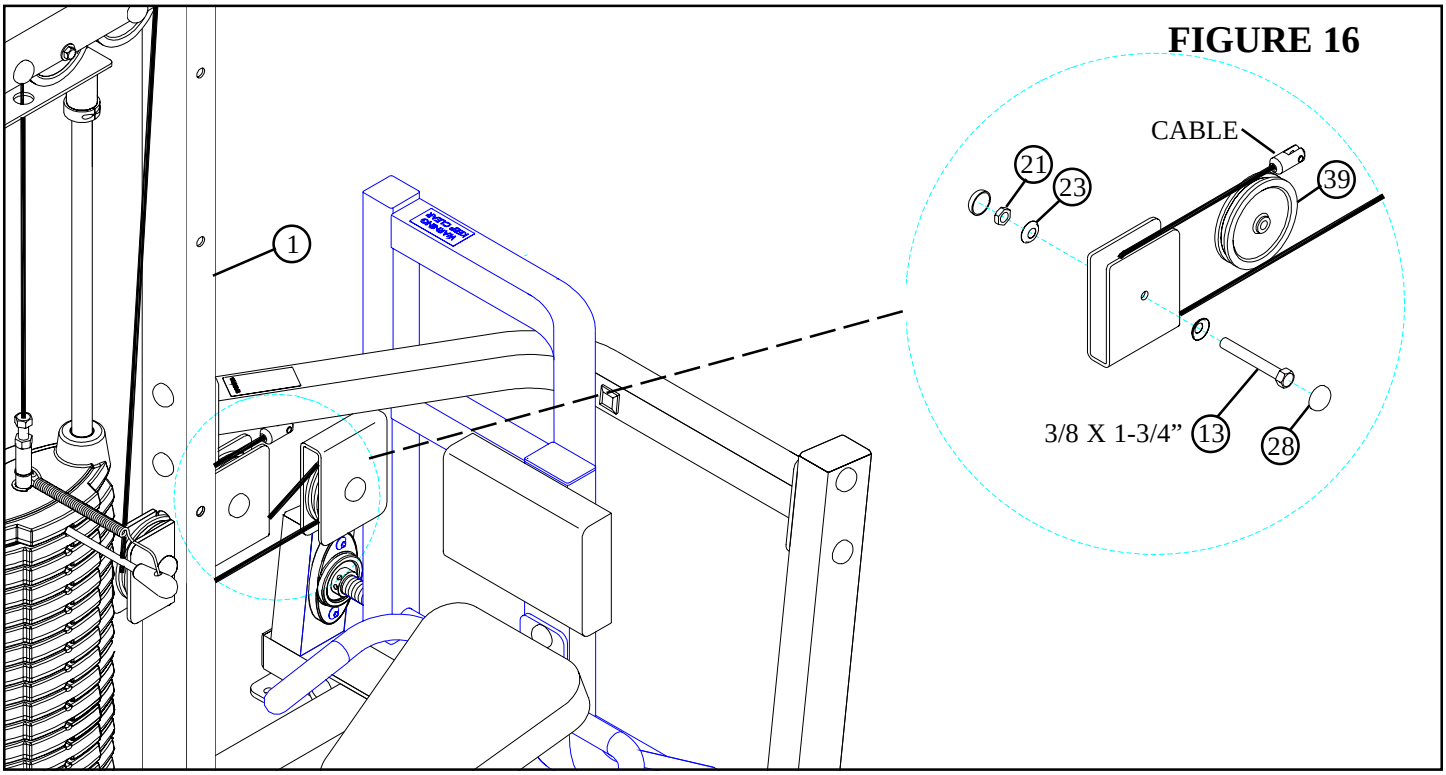
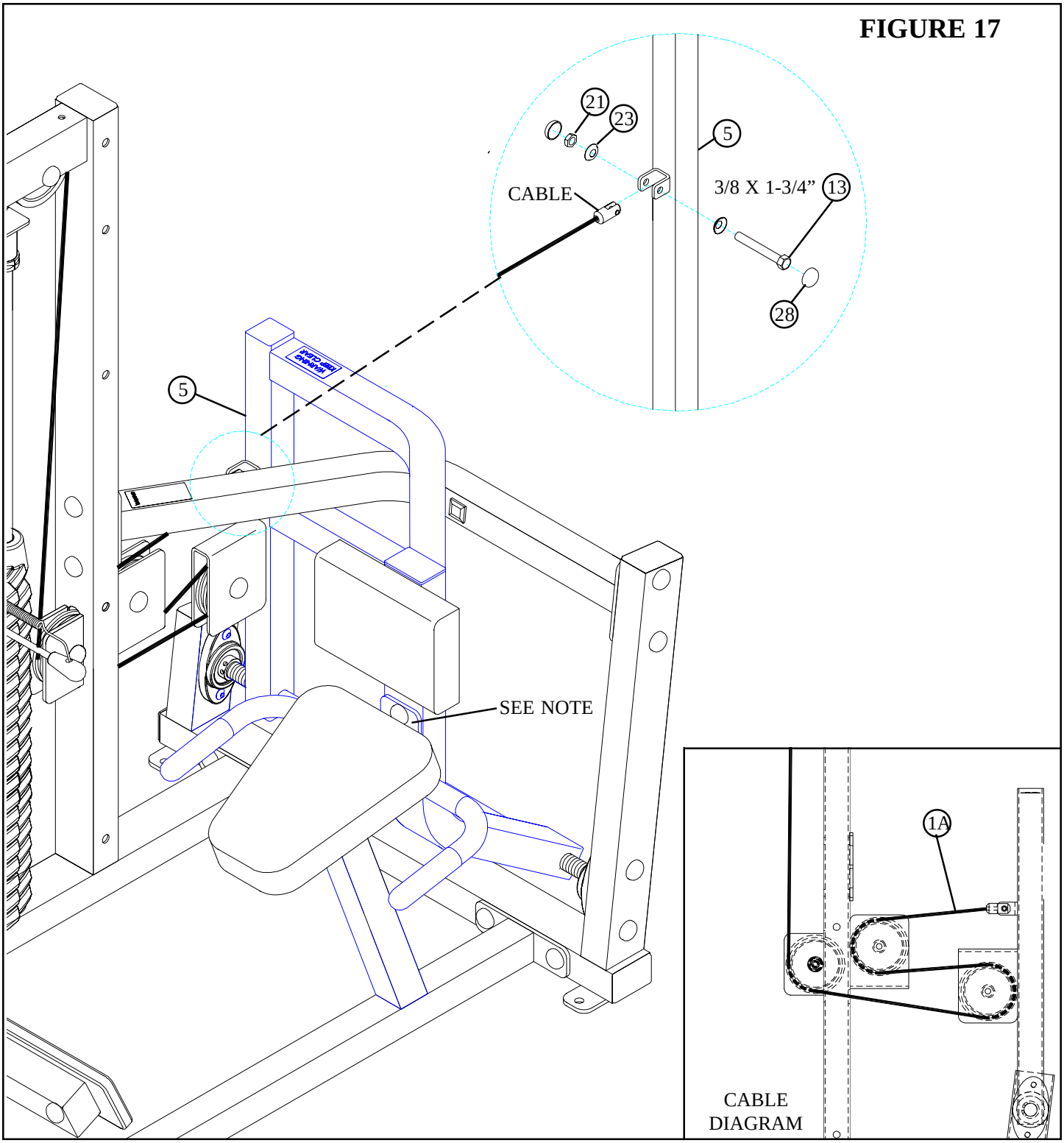


FIGURE 16

STEP 16:

- Carefully route the CABLE around the pulley as shown. Make sure the CABLE is in the groove of the pulley.
- **SECURELY** assemble the 4-1/2” PULLEY (39) to the vertical pulley bracket on the TOWER (1) using two RH CAPS (28), one 3/8 X 1-3/4” BOLTS (13), two 3/8” RH WASHERS (23), and one 3/8” LOW HEIGHT LOCK NUT (21).as shown in FIGURE 16.

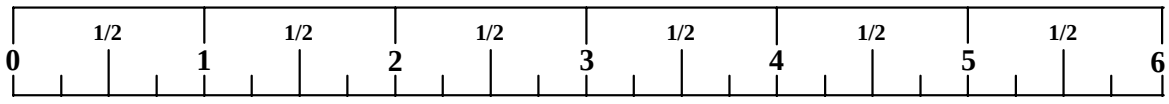
FIGURE 17



STEP 17:

- **SECURELY** assemble the swivel end of the CABLE to the BACK PIVOT (5) using one 3/8 X 1-3/4" BOLT (13), two RH CAPS (28), two 3/8" RH WASHERS (23) and one 3/8" LOW HEIGHT LOCK NUT (21). **(NOTE: SECURELY tighten, then back nut off 1/4 turn) (NOTE: If CABLE is too short, loosen bolts on HANDLES and slide HANDLES up. Securely tighten.)**

- **REFER TO SHROUD KIT ASSEMBLY INSTRUCTIONS.**



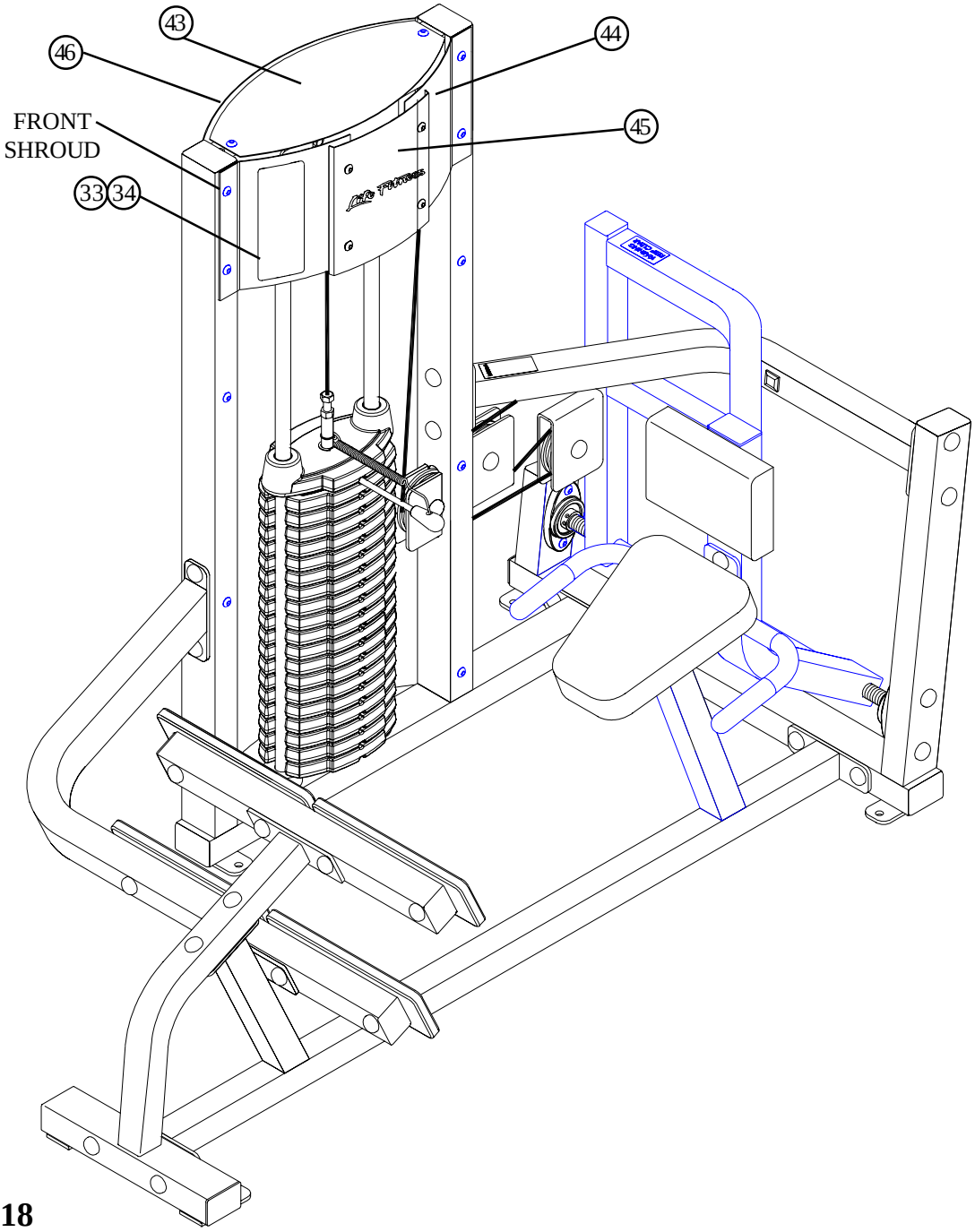


FIGURE 18

STEP 18:

- Assemble the PLACARD LABEL (33) or the FOREIGN LANGUAGE PLACARD LABEL (34) to the FRONT SHROUD as shown in FIGURE 18.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
3 YEARS	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint purchased from your LifeFitness customer service representative at (800)351-3737

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB SERIES HORIZONTAL CALF. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.